

This document is about suicide. If the subject bothers you, I suggest you don't read it.

First, I would like to explain my opinion on suicide and on why I'm writing this. I feel that suicide is- or should be- a person's right. With the state of the world, over population, pollution, and all the other problems out there, why shouldn't someone have the right to do to themselves what will one day happen anyway? Who knows what the future may bring? Deformity, debilitation, a slow, painful death alone... the number of hardships possible is countless. Why should we force people to suffer these risks if they don't want to deal with them? By now I hope you are starting to see how I feel and even if you don't agree with my point of view, I hope you can understand it. With that in mind, the reason I'm writing this is to help increase the effectiveness and decrease the suffering of people that commit suicide. I should point out for legal reasons that the information I'm offering is available to the public and is not protected in any way. I have just compiled this information for a less popular reason.

Now, as with almost everything, there are alternatives. The same is true of suicide. I think I would be very remiss if I didn't at least try to encourage readers to consider taking more productive, less drastic measures as killing themselves. Having said that, I encourage you to talk to family and friends about your problems. See a therapist, a councilor or any other person that may help you find other solutions to your problems.

Ok... I covered my view on suicide, gave a tribute to the other alternatives out there, and now to the heart of the matter...

Items to get:

A cutting utensil like a utility knife (with replaceable blades), razor (single edge), scalpel or exacto-knife. Make sure that whatever it is you choose to use, you have a new, fresh blade. A blood thinner like Tylenol, aspirin, acetaminophen. If nothing else, you can try cinnamon sticks.

A stimulant like Mt Dew, Jolt, Surge, caffeine pills, or harder drugs if you can get them.

Possibly alcohol to numb you or to help lower your inhibitions.

Ice.

Several days out:

Start gathering the items you'll need, but do not store them together. If they are found together, they may raise suspicion.

If you have no other blood thinners, start chewing cinnamon sticks. They are slow to work, but do thin the blood over several days.

One day out:

If you are concerned about how you'll appear when you are found, you may want to stop eating. If you continue to eat, you may have an involuntary post-mortem bowel release (crap yourself after you die).

Ensure you have everything you'll need...

Cutter

Blood thinners

Stimulant

Alcohol (optional)

Ice

The last day:

Make sure you'll be alone for several hours.

Disconnect the phones and hide or lock them up, or take one phone off its hook and hide it so that the other phones can't be used. Be sure to do this with all phone lines into the house.

1-2 hours out:

Take the blood thinners. If you are using Tylenol or Aspirin, about 2-3 times a usual dose will do.

While waiting for the blood thinners to work, take the stimulants. If it's soda, coffee, or caffeine of any type, try to take as much as you can. The only side effect you may get by taking too much of these is

a case of the jitters and a caffeine buzz. If you are taking a harder drug, take only enough to raise your heart rate- you do not want to lose your focus or clarity.

30 minutes out:

Maybe have a drink or two of alcohol. It does work as a blood thinner, but it also lowers your heart rate so you only want to drink a little to help numb yourself. Do not drink so much as to dull your wits or make it hard to focus.

15 minutes out:

Prepare a bag of ice and hold it where you are going to cut yourself. This will help numb the skin so you won't feel it as much.

Last evacuation. Take as complete a defecation and urination as you can to empty your bowels and bladder.

Fill a tub with warm water.

Final moments:

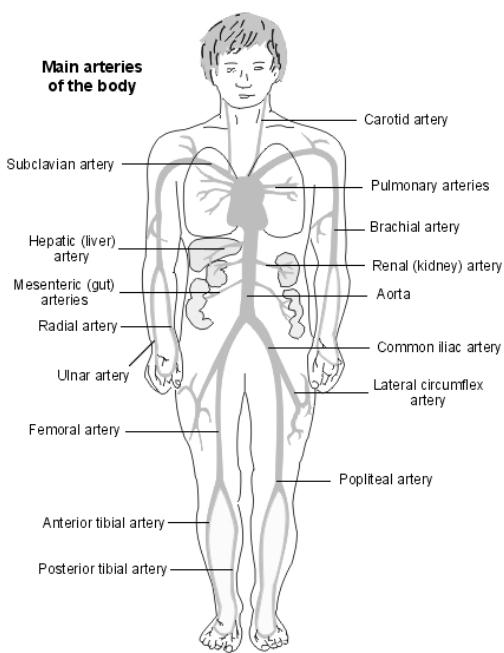
Make the cuts you have decided on. The area should be numbed by the ice, as well as you being numbed by any alcohol you took. The blood thinners will make you bleed more, and the stimulants will cause you to bleed faster. After you have made the cuts, get in the tub. The lack of oxygen under the water will help prevent clotting.

Once you are found, the phones being missing or unusable will slow any call for help.

That's about it for the act itself. There is a big part I left out though. That is obviously the cuts themselves. I left it out because there is a lot to go into with that.

To help give you an idea about the direction of the cuts, let me compare your veins to a hose. If you cut them at a 90 degree angle, or straight through, it's like taking scissors and cutting the hose. You can easily block the hose with your thumb. Likewise, your body will more easily block the cut vein. If you cut it at more of an angle it's harder to block. If you manage to slice it long-ways, it becomes even harder to block. So, logically you would want to slice the vein at as small an angle as possible. Most veins run length-wise along your arms and legs, so for a small angle, you want to slice length-wise as well.

Next, the depth of the cut. Well, there is nothing wrong with going deep, but this will hurt more. Ideally, you only need to go maybe $\frac{1}{4}$ to $\frac{1}{2}$ inch deep to hit most veins.



Last, location. The popular choice is the wrists. This is a location that is easy to see and hence, easy to hit. There are however more effective locations... the Brachial artery for one. It's an artery that is on the inside of the bicep. It is very deep under the skin though so a deep cut would be needed to hit it. Another choice is the femoral artery. This is an artery that runs down the front of the thigh. Last is the carotid artery, up and down the front sides of the neck.

I hope this has answered some questions out there. If you have any more questions, or any comments or suggestions, or if you just need someone to talk to, please email me. My addy is smuthuntr@yahoo.com or look for me on yahoo IM as smuthuntr. I wish you all well, and hope you never need to use any of this.

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